



WE DONATE 100% OF THE FRESH FOOD WE GROW.  
WELCOME TO THE FAMILY.

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# GROW CALGARY

# SPONSORSHIP + COGS GUIDE

[WWW.GROWCALGARY.CA](http://WWW.GROWCALGARY.CA)

CONTACT US AT [VOLUNTEERS@GROWCALGARY.CA](mailto:VOLUNTEERS@GROWCALGARY.CA)  
OR FIND US ON SOCIAL MEDIA: [@GROWCALGARY](https://www.instagram.com/growcalgary)





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# ABOUT US

## WHO WE ARE

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### **GROW PEOPLE. GROW FOOD. GROW CALGARY.**

Grow Calgary is a community farm founded in 2011 that donates 100% of what is grown to food access programs and individuals experiencing food insecurity. We utilize agroecology farming practices and are a volunteer-led organization. Along with donating our produce, we advocate for system-level change to address food insecurity in our communities and provide education on this issue as well small-scale farming to people of all ages. Everyone has fundamental rights to food. Our ultimate goal is that everyone has consistent and dignified access to healthy, local food.





# PROUD STEWARDS

OF MO'OHKINSTSIS / TREATY 7 TERRITORY

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The Blackfoot name for Calgary is Mo'ohkinstsis.

- We utilize agroecology techniques with a focus on regenerative farming that reduces our impact on the land
- We grow our food without the use of pesticides or chemical contaminants
- We are a community of volunteers open to all. Every year we welcome hundreds of people from diverse walks of life to the farm



We grow on the traditional and unceded territories of the Blackfoot Confederacy comprising of the Siksika, the Piikani, and the Kainai First Nations, the Tsuut'ina First Nation, and the Stoney Nakoda including the Chiniki, Bearspaw and Goodstoney First Nations. This territory is also home to the Métis Nation of Alberta, Region 3 within the historical Northwest Métis homeland. As settlers and uninvited guests, we are grateful for the opportunity to grow and educate on this land which has been stewarded by Indigenous Peoples for millennia.



# FARM LOCATION + DIRECTIONS

5510 26 Ave NE (Behind Robert McClure United Church)

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Entry is off 26 Ave NE and is accessible by car, public transit, biking, or walking. Parking is available in the front lot, or on the street off the property. The farm is behind the church and accessible through a gate.



# FARM SAFETY & POLICIES

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## FARM SAFETY

We strive to be a safe environment where people of all ages and abilities can come to learn. Ensure you have carefully read and signed our waiver prior to your shift. Please:


- Be aware of your surroundings on the farm
- Pick up after yourself and put away tools
- Never operate heavy equipment without prior training
- Inform us prior to your shift of accessibility requirements
- Use your judgement & assess your comfort level, you can opt-out of any activity at any time
- Please dispose of all garbage and recycling in the appropriate bins, fruit & veggie scraps can be discarded in our compost pile

## WEATHER POLICY

We work in all weather conditions. Please check the forecast so that you can be prepared. If very questionable weather arises, contact us to confirm your shift is still happening.

## ANIMAL POLICY

Please leave your pets at home for the safety of the plants and seedlings in our garden beds. This is also for their own protection from the heavily trafficked nearby roads.















# FARM SAFETY & POLICIES

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There is a zero tolerance policy for racism, homophobia, ableism, sexism, ageism and disrespectful behaviours towards volunteers and staff.

-  We respect and share the land
  -  We respect each other
  -  We welcome new ideas, input, and feedback
  -  We are a community that embraces the value of each individual
  -  We will work to be anti-racist and anti-oppressive
  -  We will work to have accessible spaces and remove barriers
  -  We strive to learn and improve our practices
  -  We work to grow food that will benefit vulnerable people
  -  No harm on the farm
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# COGS PROGRAM



## BRING YOUR COGS (Company, Organization, Group, School) TO THE FARM

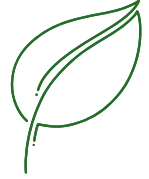
Lettuce host your team at the farm! We offer guided visits that include a tour, education on agroecology, small-scale farming and food insecurity, and fun hands on experiences. Perfect for team building and giving back to your local community.

### Date, Times, and Group Size:

- Team visits occur during May-September, weather permitting
- Visits are 3 hours long, from 9:30am-12:30pm or 1pm-4pm
- The schedule is released approx. one month in advance, according to volunteer and staff availability
- We book teams according to our needs at the farm and encourage you to book early
- We can accommodate bookings of 10-20 people

# COGS PROGRAM

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## An Example of Your Day at Grow Calgary.

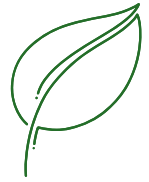
1. Introductions, farm orientation and tour
2. Make a plan for the day according to farm needs and weather
3. Breakout into smaller groups if required
4. Gather supplies, equipment, and tools
5. Go to our work areas and start tasks such as building garden beds, seeding, planting, watering, and farm organization
6. Short break (plus breaks throughout the shift as needed)
7. Harvest and package produce or continue with tasks
8. Wrap up and put away supplies and tools
9. Team photo!

Farm activities can vary from day to day and unfortunately we are unable to take requests to do certain activities. We do our best to provide variety in tasks and education on different aspects of the farm. Any work you help us with is important for our operations and valuable to our mission!

## What We Provide

- Use of all required farm tools (you are welcome to bring your own garden gloves)
- Knowledgeable volunteers and staff to help with tasks and answer questions
- Education on small-scale agroecology farming and food insecurity
- Fun farm-related group activities
- A meaningful experience that directly impacts our community

# COGS PROGRAM



## DONATION

As a non-profit community farm, we rely on donations to operate so we can provide food to community members in need. Your donation contributes to land and water fees, tools, supplies, equipment, and resources to host your team. Sponsorship opportunities are available for donations of \$1000 or more.

*Our donation rate per 3 hour visit is \$20/person. Children are welcome to join in as Grow Calgary is an all-ages farm!  
The donation rate for children and students is \$10/person.  
Donations can be made via cash, cheque or EFT to  
growcalgary1@gmail.com*

## CANCELLATION POLICY

Teams cancelling less than 2 weeks before their scheduled shift will not be refunded for their donation. If Grow Calgary deems weather conditions to be too bad or dangerous, we will cancel the shift and issue a refund for your donation.

BOOK **HERE** or email [volunteers@growcalgary.ca](mailto:volunteers@growcalgary.ca). Once we receive your booking, we will confirm and accept your donation.





# OTHER WAYS TO SUPPORT GROW CALGARY

## VOLUNTEER RECRUITMENT & HOUR MATCHING

Use your company's platform to recruit volunteers through social media/website ads or employee campaigns. Match your employees' volunteer hours with a monetary donation to Grow Calgary. Every dollar donated helps us grow food for the community!

## SPONSOR AN EVENT

Events are a great way to showcase the work we do at Grow Calgary. You can sponsor an event by providing an event space, entertainment such as live music, raffle/silent auction prizes or refreshments, matching donations fundraised at the event and inviting people from your company's network.

## DONATE ITEMS, EXPERTISE OR SALES

If your company is well versed in sustainability and climate action, agriculture, or farming with expertise or equipment to share, please reach out. We are always looking for more innovative ways to continue our mission. You can also support us by donating a portion of the sale of goods to Grow Calgary.

# GROW FOOD. GROW PEOPLE. GROW CALGARY.

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## GROW WITH US.

### SPONSORSHIP OPPORTUNITIES

We graciously appreciate contributions and support from our community partners. It's partners like you that help us provide food to people in need, operate farm education programs for folks of all ages, and build a stronger community. We have three sponsorship levels, which allows you to determine the level of support that's right for you.

#### HELPER HUMMINGBIRD

\$1,000

You will fund 1 weekly produce box for one growing season (~13 weeks). Your team also receives one complimentary visit to the farm + a social media post

#### TERRIFIC TOMATO

\$5,000

In addition to 1 weekly produce box, you will fund land and water usage for 1 year. Your team receives two complimentary visits to the farm + social media post

#### SUPER SQUASH \$10,000

You will fund 4 weekly produce boxes for one growing season and 1 year of land and water usage. Your team receives four complimentary visits to the farm + social media post